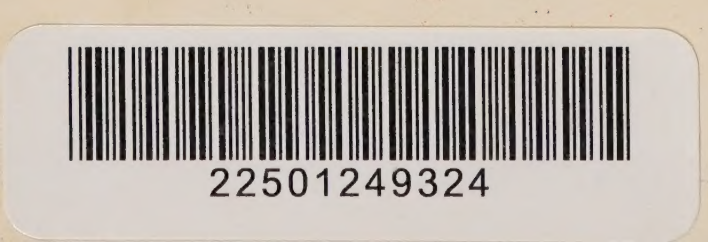
60 MARMITE RECIPES

WELLCOME INSTITUTE
LIBRARY
Coll. welMOmec
Coll. pam
No. QT 235
1922*
M35s



CONTENTS

Introduction	Page	2
Soups	Pages	3-6
Fish, Meat & Savoury Dishes	Pages	7-8
Egg and Cheese Dishes	Pages	9-10
Invalid Dishes	Pages	11-14
Sundries, Stuffings, Sauces, etc.	Pages	15-16
Sandwiches	Page	16
Vegetable & Vegetarian Dishes	Pages	17-23
Index	Page	24

With the Compliments of

The MARMITE Food Extract Co., Ltd.,

MINCING LANE HOUSE,

59, EASTCHEAP, LONDON, E.C. 3.

INTRODUCTION

THE selection of recipes contained in this booklet explains the many uses to which MARMITE can be put, MARMITE users will thus be able to introduce it in a hundred other ways after a little practice.

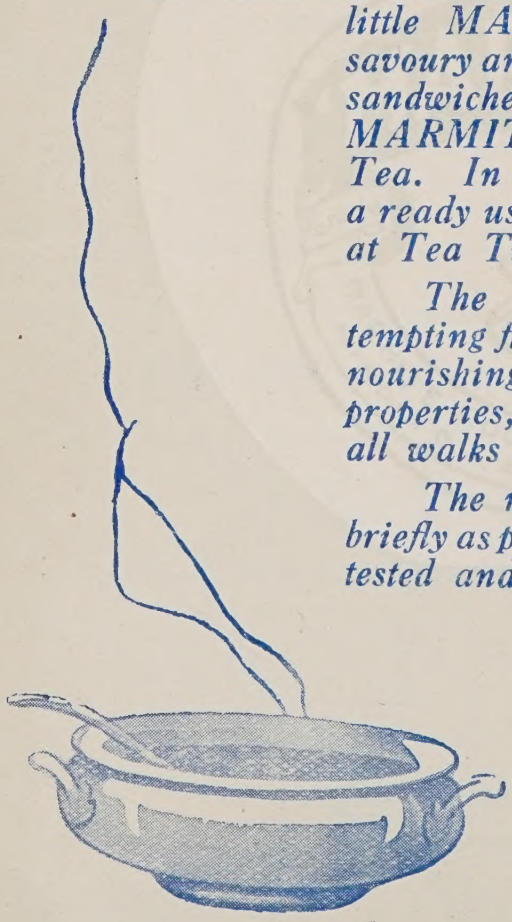
MARMITE is a food extract of piquant rich flavour and possesses nourishing and health properties that are unique. It makes for variety in meals, and, indeed should be taken regularly every day in some form or another.

MARMITE contains the vital health element, Vitamin B, which helps the body to absorb the nourishment contained in food, tones up the system and keeps the digestion just right.

All those who see the wisdom of taking daily a little MARMITE will find it most savoury and nourishing when spread in sandwiches; on hot-buttered toast; or as MARMITE Cup, in place of Beef Tea. In such form MARMITE finds a ready use at Breakfast, at the office, at Tea Time, or at picnics.

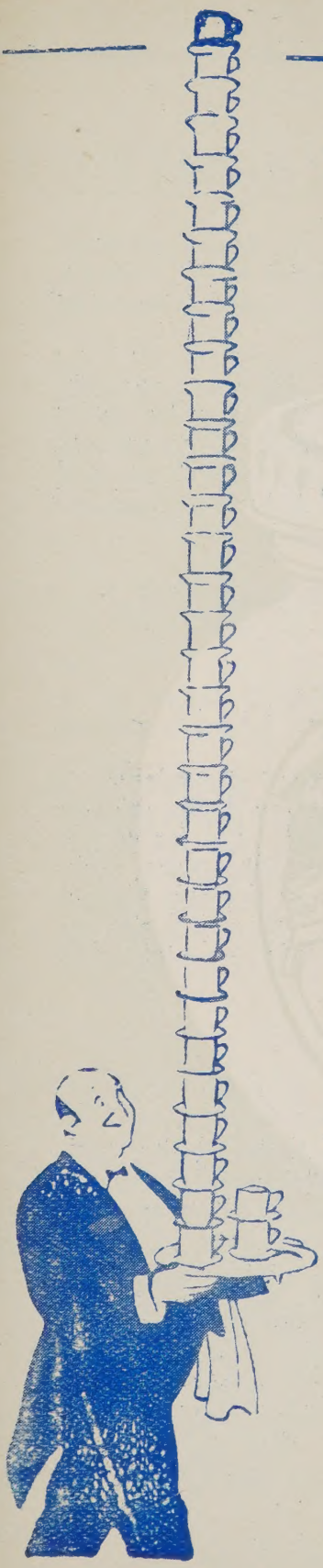
The merits of MARMITE the tempting flavour; its high concentrated nourishing value; its health building properties, are recognised by people in all walks of life.

The recipes have been written as briefly as possible. They have all been tested and are in consequence dependable, provided the directions given are carefully followed.



Of all Grocers and Stores;—

In Jars, 1 oz., 2 oz., 4 oz., 8 oz. and 16 oz.



SCOTCH BROTH.

1 lb. scrag end neck of mutton, 2 onions, 2 carrots, 2 turnips, ½ a small cabbage, 2 oz. pearl barley, 1 quart water, 1 dessertspoonful MARMITE, seasoning if necessary, and 1 tablespoonful chopped parsley.

Trim and wipe meat; cut into small portions, and put with the water in saucepan. Add a little salt, and bring slowly to the boil. Have vegetables ready cut into dice shape, and the barley washed. When water boils add vegetables, barley, and MARMITE. Cook slowly for 1 or 2 hours. The cabbage should first be blanched and cut into small pieces, then cooked with soup. Finally skim off scum and fat from soup, and remove meat, which can be served separately. Add chopped parsley and any required seasoning, and serve hot.

BROWN SOUP.

1 onion, 1 turnip, 1 carrot, 2 potatoes, 1 quart of hot water, 1 dessertspoonful MARMITE, 2 oz. butter, 1 heaped-up teaspoonful flour, and seasoning, if necessary. Slice vegetables finely. Melt butter in stewpan. Add vegetables, and stir over fire for 10 minutes until nicely browned. Add flour and brown slightly. Dissolve MARMITE in hot water, and add gradually to the fried vegetables. Let the whole simmer until the vegetables are tender. Pass soup through fine sieve. Add seasoning if necessary, and reboil before serving.

JULIENNE SOUP.

1 carrot, 1 small turnip, ½ an onion, 1 leek, 1 stick of celery, 1 cabbage lettuce, 1½ oz. butter, 3 pints hot water, 1 dessertspoonful MARMITE, and seasoning to taste.

Prepare vegetables, wash, trim, scrape or peel them, and cut all into very fine shreds or strips of even length. Put them with butter in stewpan over fire, but do not let them get brown. Dissolve MARMITE in hot water and add to the fried vegetables Cook until vegetables are tender. Carefully remove scum whilst cooking, and season to taste with salt, pepper, and ½ teaspoonful castor sugar. Serve hot.

Marmite broth is made in a moment

TOMATO SOUP.

1 oz. crushed tapioca, 1 lb. ripe or tinned tomatoes, 1½ pints hot water, 1 onion, 1 oz. butter or fat, 1 carrot, 1 gill milk, seasoning if required and 1 good teaspoonful MARMITE.

Melt the butter in a saucepan; add to this the MARMITE dissolved in hot water, and the vegetables (sliced), stir and fry for a few minutes. Simmer slowly until tender, then rub through a fine sieve. Add the milk and seasoning if necessary. Bring the soup to the boil, sprinkle in the crushed tapioca, boil until it is clear and serve hot with small fried bread croutons.

CARROT SOUP.

2 quarts hot water, 6 large carrots, 2 onions, 6 oz. bacon, 2 oz. rice, ½ bay leaf, 1 gill milk, 1 dessert-spoonful MARMITE, and seasoning to taste.

Shred the vegetables finely. Dissolve MARMITE in hot water. Wash rice, parboil it, and put it into stewpan with sliced vegetables and the bay leaf. Cut bacon into small pieces, fry a little, and add to the above. Boil till tender; remove bay leaf, and rub ingredients through a fine sieve. Return soup to stewpan, season if necessary, add milk and small piece of butter. Boil up again before serving.

CELERY SOUP.

2 heads of celery, 2 oz. butter, ½ pint milk, ½ gill cream, if liked, 1 tablespoonful crushed tapioca, 1 quart of water, 1 dessertspoonful MARMITE.

Wash and trim the celery and cut into small pieces. Melt the butter in a stewpan and put in the celery; cook it for a few minutes add the MARMITE, dissolved in the water, and boil for an hour. Then add the crushed tapioca, and boil for half an hour longer. Remove the scum and season to taste. Add the milk and cream, and reheat the soup. Serve with fried bread croutons.

Marmite a wonderful help to the cook.

VEGETABLE SOUP.

1 small onion, 1 turnip, 1 carrot, 2 potatoes, 1½ pints of water, 1 good teaspoonful MARMITE, 1 gill of milk, 1 oz. butter, 1 tablespoonful flour, salt, pepper and nutmeg.

Wash, peel and cut the vegetables into very thin shreds, melt the butter in a stewpan, add the vegetables and stir them over the fire for 10 minutes, without allowing them to get brown; then add water with the MARMITE dissolved in it. Let the whole simmer for about an hour. Remove scum and season with salt, pepper and nutmeg. Mix the flour with the milk to a smooth paste, add it to the soup, and boil for another ten minutes. Then serve.

BARLEY SOUP.

2 oz. pearl barley, 2 small carrots, 1 small onion, 1 oz. butter, 1 pint of milk, ½ gill of cream, 1 yolk of egg, and 1 teaspoonful MARMITE.

Put the barley into a basin, pour over some tepid water and let soak for a few minutes. Meantime scrape the carrots and peel the onion, cut them into small slices, put them into a stewpan with the butter, and fry a little. Add a quart of water or stock, stir in the MARMITE till dissolved, and season to taste. Let it come slowly to the boil; skim, and add the soaked barley, and simmer gently about ½ an hour. Then strain, put back into clean stewpan, mix the milk and yolk of egg, and stir into the soup; reheat long enough to bind, but do not boil it, and serve.

FRENCH RICE SOUP.

2 oz. rice, 2 oz. butter, 1 onion, cloves, 1½ pints hot water, ½ pint milk, seasoning to taste, and 1 large teaspoonful MARMITE.

Wash rice two or three times. Put it in stewpan with butter previously melted. Stir over fire for few minutes. Dissolve MARMITE in hot water and add to rice. Boil up, skim, add onion, peeled and stuck with clove, also the milk. Simmer gently for about 35 minutes. Season to taste with salt, pepper and a grate of nutmeg. Stir occasionally whilst cooking to prevent burning. Remove the onion before serving. If liked the soup may be thickened with a little cornflour and the onion chopped and returned to the soup, before serving.

Marmite makes and enriches soups, stews, sauces, etc.

MACARONI SOUP.

3 oz. stick macaroni, 1½ pints hot water, 1 dessertspoonful MARMITE, seasoning, and 3 or 4 oz. grated cheese.
Dissolve MARMITE in hot water. Blanch macaroni separately in salted water, drain, cool and cut into small pieces. Cook it for about ½ an hour in the MARMITE stock. Season to taste with pepper and salt. Skim if necessary, and serve hot with plateful of grated cheese.

PEA SOUP.

½ lb. split peas. 1 onion, ½ stick celery, 1 carrot, 1 small turnip, 2 or 3 slices fried bread cut into small dice, 2 oz. butter, 1½ quarts of water, 1 good teaspoonful MARMITE, pepper and salt.
Soak the peas in cold water for several hours, melt the butter in stewpan; drain the peas and put them in the stewpan with the onion and the vegetables cut in slices; stir over the fire for 5 minutes, taking care that they do not brown; then add the water, stir in the MARMITE and season to taste. Boil up gently and skim well; let the soup simmer slowly till the peas are done. Pass it through a sieve, reheat it, and add the bread previously fried. Add a little dried mint, and serve.

LENTIL PUREÉ.

Pick over and wash a pint of lentils, and put them to soak for several hours in lukewarm water with a very small piece of soda added. Boil the lentils till tender in slightly salted water containing a bouquet of parsley, a peeled onion and a piece of celery. When tender drain, and remove the parsley. Pass the lentils, with the onion and celery, through a fine sieve. Reheat the purée, season to taste with salt, pepper, and a grate of nutmeg, and mix with a teaspoonful of MARMITE; if found too thick add a little milk. Dish up, and serve hot.

Marmite gives REAL nourishment

BAKED COD STEAK.

Grease a baking tin, and place on it a cod steak previously wiped with a clean cloth. Season with a pinch of salt and a few drops of lemon juice, sprinkle over a few brown breadcrumbs, and put a slice of bacon on top. Bake in a moderate oven or under a grill from 15 to 20 minutes. Mix a teaspoonful of MARMITE with the fish liquor from the baked fish, and add a little hot water or stock. Dish up the fish and pour the prepared gravy round the fish. Serve hot.

SAVOURY PUDDING.

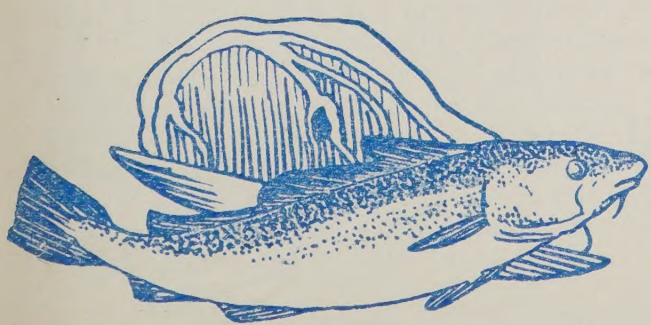
Scraps of bread to fill a pint basin, 4 good sized onions (cooked), 2 oz. butter or fat, 1 teaspoonful powdered sage, 1 tablespoonful oatmeal, 1 egg, 1 cup of milk, seasoning, and 1 dessertspoonful MARMITE.

Break the bread into small pieces. Cover with boiling water. Soak till soft, then squeeze out the water. Add fat, chopped onions, oatmeal sage and seasoning. Dissolve the MARMITE in the hot milk, and add with the beaten egg to the mixture. Put into a greased pudding basin, cover with a greased paper, and steam for 1 hour. Turn out and serve hot with brown gravy or tomato sauce.

SAVOURY MEAT TIMBALE.

Cut into rather large shreds or strips about 1 lb. of cold meat, put it in a basin or pie-dish, and pour over enough MARMITE gravy to just cover the meat, then season it with salt and pepper to taste.

Grease a plain timbale mould and sprinkle it rather thickly with brown breadcrumbs, then line the sides and bottom of the mould with a good layer of nicely seasoned potato purée. Mix the meat with 4 oz. of finely chopped suet, about 4 oz. of sausage meat, a tablespoonful of savoury herbs. Fill the prepared mould with this mixture, cover it with greased paper, stand it in a pan or tin with a little water, and bake for about an hour in a fairly hot oven. To serve, turn out the timbale on to a hot dish, and pour some hot tomato sauce round the base of the dish. It is then ready to serve.



Marmite puts flavour into savouries

SAVOURY MILAN FRITTERS.

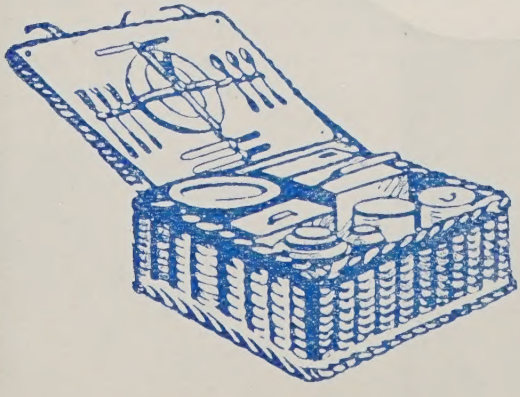
½ lb. of stale bread free from crust, ½-gill milk, ¾ lb. cooked mashed potatoes, 1 dessertspoonful chopped chives or parsley, 2 eggs, grated cheese, seasoning, 1 teaspoonful of MARMITE, and butter for frying.

Soak the bread in the milk and tepid water. Strain off the liquid, and mix the soaked bread with the flour, the mashed potatoes, chopped chives, or parsley, and the eggs, well beaten. Add a teaspoonful of MARMITE, and season to taste with salt and pepper and a grate of nutmeg. Work the mixture up with a little more flour if found too moist. Make into small round flat cakes, brush over with egg, roll in grated cheese, then fry in hot fat to a golden brown. Take up, drain and dish up. Garnish with parsley and serve very hot.

SAVOURY MARMITE FRITTERS.

Slices of stale bread, MARMITE, egg, fat. Cut some thin slices of stale bread and spread with MARMITE. Put two slices together cut as for sandwiches. Dip in beaten egg or light batter and fry in hot fat to a golden colour. Drain on paper, dish up neatly and serve hot. In place of the MARMITE on bread, the bread may be soaked in MARMITE and milk.

MARMITE BISCUITS.



Put about 2 oz. of butter into a mixing basin and work to a cream. Add 4 oz. flour, ¼ teaspoonful baking powder, a saltspoonful of cayenne pepper and ½ teaspoonful salt. Dissolve 2 teaspoonfuls MARMITE in a little milk, stir into the mixture and knead well. Roll out the paste thinly on a floured board, and stamp out with a round 2-inch cutter. Placed on a greased baking sheet, prick the shapes with the prongs of a fork, and bake in a quick oven from 10 to 15 minutes.

"Marmite every day" benefits everybody

STUFFED EGGS au GRATIN.

Eggs as required, white sauce, grated cheese, chopped parsley, 1 teaspoonful MARMITE (more if required), oiled butter, seasoning, and white sauce.
Hard boil the eggs, cut in half lengthways, take out the yolks and mix them with the other ingredients, with the exception of the cheese and white sauce. Fill the eggs with the mixture, and put them, cut side down, on a well-greased baking-dish. Sauce over with the white sauce, and sprinkle the grated cheese on top. The surface of the eggs should be nicely browned when the dish leaves the oven.

EGG NOUILLES.

½ lb. flour, yolks of 2 eggs, 2 oz. butter, 1 oz. grated cheese, 2 tablespoonfuls white sauce, 1 teaspoonful MARMITE, breadcrumbs and seasoning.
Sift the flour on to a board, make a well, add the egg yolks, MARMITE, half the butter, oiled, and seasoning. Gradually work this into a stiff, smooth dough. Knead well, roll out, and cut into 6 portions. Fold the rolled-out pieces lengthways, cut crossways into narrow strips, and boil in salted water. Drain, and put in stewpan with the rest of the butter, the cheese, white sauce, and seasoning to taste. Stir over the fire until thoroughly hot, dish up, sprinkle top with freshly fried breadcrumbs and serve.

SAVOURY POACHED EGGS.

Poach carefully in a shallow pan, with sufficient boiling water slightly salted and flavoured with a little lemon juice, the required number of new laid eggs. Carefully trim and drain them, put them on to slices of buttered toast previously spread with a thin layer of MARMITE. Dish up, garnish with a few sprigs of crisp parsley and serve hot.

Marmite promotes strength and vigour

SAVOURY EGGS.

2 eggs, 1 teaspoonful MARMITE dissolved in a tablespoonful boiling water, hot buttered toast, and seasoning to taste.
Beat up the eggs and put them in a small saucepan with the dissolved MARMITE and seasoning to taste. Stand saucepan in stewpan of boiling water and beat up the mixture with a whisk until it thickens. Spread on the buttered toast and serve hot.

SAVOURY CHEESE.

1 oz. grated cheese, 1 teaspoonful MARMITE, 1 teaspoonful butter, seasoning, and buttered toast.
Put the cheese into a small stewpan with the MARMITE butter and seasoning. Stir over a slow fire; when dissolved spread on buttered toast, and serve hot or cold.

CHEESE CREAM.

3 eggs, 1 pint milk, 2 oz. grated Cheddar or Gruyere cheese, 1 teaspoonful MARMITE.
Beat up the eggs and add them to the boiling milk in a saucepan. Stir over the fire till thick, but do not allow the mixture to boil. Add the MARMITE and the cheese, reheat a second time, then pour into soufflé cases or custard glasses and serve hot.

WELSH RAREBIT.

4 oz. Cheddar cheese, ½ oz. butter, 2 or 3 tablespoonfuls milk or ale, 1 teaspoonful MARMITE, mustard, pepper, salt and hot buttered toast.
Cut the cheese into small thin pieces, place these in a saucepan with the butter, milk or ale, half a mustardspoonful of mustard, salt and pepper to taste, and stir by the fire till creamy. When thoroughly hot, stir in the MARMITE. Pour on to squares of hot buttered toast, brown slightly in a sharp oven, and serve as hot as possible.

Marmite puts flavour into savouries

INVALID DISHES

INVALIDS will welcome MARMITE. This appetising food extract has valuable nourishing and recuperative properties. It is the food richest in the vital health factor, Vitamin B, which enables invalids to assimilate all nourishment in their diet and keeps the digestion just right. A very little MARMITE taken at night as MARMITE "Cup" promotes refreshing sleep. MARMITE adds variety to the dishes and other food preparations invalids may take, making such dishes, etc., far more nourishing and tasty.

The following recipes indicate the uses to which MARMITE may be put. Other recipes can easily be built up on these. The recipes have been written as briefly as possible to save the time of users.

The tastiness of MARMITE; its nourishing and healthcreating properties; its handiness; and its economy in use, will appeal to all invalids.

Doctors endorse the claims of MARMITE

MULLED MILK.

1 teaspoonful MARMITE, ¾ pint milk, the yolk of a large egg.
Mix MARMITE in a basin with 1 or 2 spoonfuls hot milk. Boil the rest of the milk; add it when cooled a little to the beaten egg. Return to saucepan, and whisk until thick, not boiling. Serve with toast or bread and butter.

MILK BOUILLON.

1 pint of milk, 1 tablespoonful of hot water, 1 dessertspoonful of MARMITE, salt, pepper, a little nutmeg.
Bring the milk to the boil, add the MARMITE dissolved in the hot water, seasoning to taste, and serve very hot.

INVALID SOUP.

1 pint stock, 1 teaspoonful MARMITE, 1 dessertspoonful patent barley or groats, salt.
Boil up stock, add barley or groats, mixed to a paste with cold water; boil gently for 10 minutes for barley, or 20 minutes for groats. Dissolve MARMITE in a little of the liquid, stir in, and serve.

STEAMED SOLE.

2 good fillets sole and some MARMITE butter.
Butter 2 plates; put one over a saucepan of boiling water; lay a fillet of fish on it, spread with MARMITE butter; cover with second fillet, and put on the other greased plate. Cook, *i.e.*, steam, for 20 minutes. Serve hot with toast or bread spread with MARMITE butter. A few drops of lemon may be added and a little salt.
Whiting may be similiarly cooked.

FISH SOUFFLÉ.

¼ good teaspoonful MARMITE, 2 heaping tablespoonfuls of white fish (sole, whiting, etc.) cooked and drained, then finely minced; a tablespoonful of breadcrumbs, 4 tablespoonfuls of liquid, either water, milk, or fish stock from bones, and 1 egg.
Mix the MARMITE with the hot milk or other liquid used, pour it over the bread and fish, beat up well with the yolk of egg. Beat the white of egg on a plate with a pinch of salt to a stiff froth, stir it in with a folding motion; do not beat. Put it in a buttered basin; it should half fill only, cover wth a greased paper; steam slowly for about 20 to 25 minutes. Serve plain or with white sauce.

Marmite costs least and benefits most

SAVOURY SOUFFLÉ.

2 oz. arrowroot or cornflour, ½ pint milk, 1 good teaspoonful MARMITE extract, and 2 eggs.
Mix a tablespoonful of milk and the arrowroot together, put it into a saucepan and stir and boil until thick, stir in the MARMITE, dissolved in a tablespoonful boiling water. When cooled down add the yolks of eggs, and seasoning to taste. Beat up the whites very stiffly, fold into the mixture. and pour into a greased soufflé dish and steam or bake for about 20-30 minutes, and serve hot in the dish.

NOURISHING CUSTARD.

½ pint milk, 2 yolks of eggs, 1 dessertspoonful MARMITE, seasoning to taste.
Beat and strain the eggs, then add the milk; see that the MARMITE is quite dissolved in a little water; then mix all well, strain and pour into three or four little cup moulds slightly buttered. Cook slowly for about 15 minutes, just as directed for Fish Soufflé.
This may be served hot with or without a vegetable accompaniment; or in the cold or tepid condition. It is very nourishing.

NOURISHING JELLY.

1 dessertspoonful MARMITE, ½ oz. gelatine, 2 eggs, ¾ pint boiling water.
Dissolve gelatine in ¼ pint of water, add to the MARMITE dissolved in ½ pint water. Beat the eggs, add the mixture to them after it has cooled, and strain into small moulds, rinsed out in cold water. When set turn out.

BOILED RICE WITH MARMITE.

1½ tablespoonful Carolina or Japanese rice, a good teaspoonful MARMITE, 1 pint water, salt.
Wash rice and cook in a saucepan with ¾ of the water for 1 hour (gently); add the rest of the water, boiling, mixed with MARMITE; season, add a bit of butter (if allowed), and serve.
A little weak broth or stock may be used instead of water, or half milk.

Marmite—a strengthening drink for invalids

MARMITE ARROWROOT.

1 teaspoonful MARMITE, 1 breakfast-cupful milk (or half water, or all water, as it best agrees), ½ oz. arrowroot, salt to taste.

Mix the arrowroot with a tablespoonful of cold milk or water to a paste. Boil the remainder of the milk or water, and dissolve the MARMITE in it. Add the hot liquid to the paste, stir, and boil both gently together for about 8 minutes. Season to taste, and serve hot.

MARMITE BUTTER.

Fresh butter and MARMITE. A little MARMITE and 3 times as much butter. Precise proportions are best left to taste.

Put the butter on a plate, and work it with a palette knife, or spoon handle, then add the MARMITE little by little, until you have a soft nut-brown paste. In cold weather, warm the plate at starting, also the knife.

This is useful for MARMITE toasts, or MARMITE sandwiches.

Grilled or boiled fish with a little pat of MARMITE butter is very nice, and will agree where perhaps a thickened fish sauce would not.

MARMITE TOASTS.

(1) Butter a round of toast, spread with a very little MARMITE, and serve, cut into fingers.

(2) As No. 1 using MARMITE butter.

(3) Add a lightly poached egg to either of the above or put the egg on the toast and put a bit of MARMITE butter on it.

(4) Squeeze a little gravy from a slice of roast meat over the toast (Nos. 1 or 2). Useful where a meat flavour is desired and meat not allowed.

(5) (Substantial, suitable for convalescent.) Toast as No. 2. Add a spoonful of minced chicken, mixed with a little cream, seasoned to taste with pepper and salt, and nutmeg or ground mace.

Marmite creates good appetite

SAVOURY STUFFINGS.

1 dessertspoonful dried sage, 1 onion, 1 teaspoonful butter, a small teacupful breadcrumbs, 1 good teaspoonful MARMITE.

Chop up the onion, and put it into ½ pint of boiling water with the butter and the sage. Boil until the onion is soft; add the MARMITE, season to taste, and thicken with the breadcrumbs. Serve with roast pork, goose or duck.

BROWN GRAVY.

1 teaspoonful MARMITE, ½ pint boiling water, 1 large tablespoonful thick brown sauce or flour, seasoning to taste.

Dissolve the MARMITE in the water, thicken with the sauce or flour mixed with a little water season to taste. Stir well, and use as required.

BROWN ONION SAUCE.

½ pint stock, 2 small onions, peeled and finely chopped, 1 oz. butter, 1 tablespoonful flour, 1 teaspoonful MARMITE.

Put the onions in a stewpan with the butter, and fry to a pale brown; add the flour and fry again; then stir in the stock, let it boil up with the MARMITE added, and simmer slowly until the onions are cooked. Season to taste and use as required.

TOMATO SAUCE.

6 large ripe tomatoes, 3 tablespoonfuls olive oil, or 1½ oz. butter, 1 clove of garlic 1 teaspoonful chopped parsley, 1 heaped-up teaspoonful MARMITE. Peel the tomatoes, cut each in half, remove the pips and chop coarsely. Heat the olive oil in a saucepan, put the tomatoes and the clove of garlic (crushed), and fry a little over the fire. Season to taste, and add the parsley. Cover the pan and cook slowly for about ½ an hour. Pass the sauce through a pointed strainer, then reheat, and add the MARMITE dissolved in a little water.

Marmite puts flavour into sauces

ASPIC OR SAVOURY JELLY.

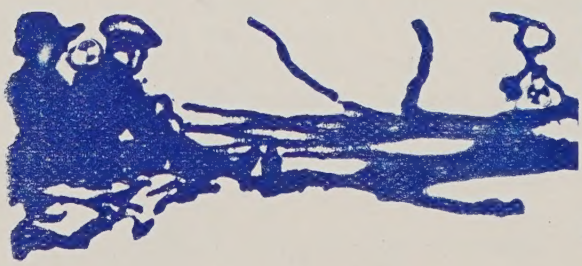
1½ pints water, 1 dessertspoonful MARMITE, 4 cloves, 10 peppercorns, 1 stick celery, or ½ teaspoonful celery salt, 1 gill sherry, whites and shells of two eggs, 2½ oz. leaf gelatine, 1 carrot, 1 turnip, 1 onion, 1 blade of mace, juice and rind of one large lemon, 1 gill tarragon, chili, and elder vinegar, mixed and salt to season.
Dissolve the MARMITE in hot water. Put all the other ingredients into stewpan, stir until gelatine is melted; whisk well until nearly boiled, allow to boil up gently 2 or 3 times, and simmer for half an hour. Pour through a scalded jelly bag or clean kitchen rubber until it runs clear. Use as directed. (Sufficient for about a quart of aspic jelly.)

MARMITE GLAZE.

1 oz. powdered gelatine, 1 tablespoonful MARMITE dissolved in half a pint of boling water.
Strain the dissolved MARMITE and water through muslin into an enamel saucepan, stir in the gelatine, and continue stirring over the fire till it is dissolved. This can be used for glazing hams, tongues, etc.

MARMITE SANDWICHES.

A little MARMITE spread between thinly cut buttered bread makes tasty and nourishing sandwiches. Use the MARMITE very sparingly, because it is so concentrated. A better way is to mix a little MARMITE with three times as much butter. The nut-brown paste is then ready for making into sandwiches.



MARMITE improves the flavour and food value of sandwiches, and is especially successful as an addition to cress, cucumber, lettuce, tomato and other similar sandwich "fillings."

Marmite makes tasty sandwiches

THE recipes in the following pages typify the uses to which vegetarians can put MARMITE, the tasty food extract. Many other recipes can be built up easily on these with a little practice.

MARMITE being a purely vegetable product is essential to vegetarian cookery. Its nourishing, health-building properties and appetising flavour, appeal strongly to all food reformers and those interested in diet.

MARMITE is the food extract richest in the health factor, Vitamin B, which enables the body to extract the fullest nourishment from all food, and which keeps the digestion just right.
Steady nourishment and a perfect digestion make for the brightest health, and for this reason vegetarians would do well to take MARMITE every day.

At night MARMITE ensures refreshing sleep. Use Marmite every day. It makes for better cooking and good health.

Marmite - a hundred uses in the kitchen

STUFFED TOMATOES WITH RICE.

6 even-size and fairly ripe tomatoes, 2 oz. of boiled rice, 3 teaspoonfuls of grated cheese, a few breadcrumbs, and 1 teaspoonful of MARMITE.

Cut a small slice off the top of each tomato, scoop out the pulp, and put it in a stewpan with the butter. When quite hot, add the rice, cheese, MARMITE and seasoning to taste. Fill the tomatoes with this, sprinkle breadcrumbs over the top of each, and a little oiled butter. Place them on a baking-sheet and bake in a fairly hot oven for about 20 minutes. Garnish with parsley and serve hot.

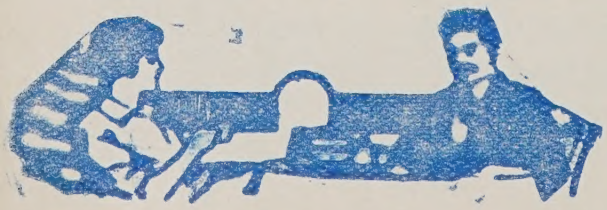
CURRIED TOMATOES.

6 small tomatoes, 1 oz. butter, ½ an onion, 1 large dessertspoonful curry powder, ½ a small sour apple, and a gill of gravy enriched with MARMITE, a little lemon juice. Peel and mince finely the ½ onion, fry a light brown in the butter, add the curry powder, the apple minced, and the gravy and MARMITE. Stir well and simmer for 10 minutes. Put in the tomatoes, skinned, and cook gently in the sauce. A few minutes before serving add a teaspoonful of lemon juice. Serve with a border of plainly boiled rice.

TOMATO AND MACARONI PIE.

Take ½ lb. macaroni, 1 lb. British tomatoes, 2 oz. grated cheese, ½ peeled and chopped onion, ½ gill milk or MARMITE gravy, 1 oz. browned breadcrumbs, ½ oz. butter, ½ pint white cheese or onion sauce and seasoning.

Break the macaroni into small pieces and cook them in boiling salted water until tender. Peel the tomatoes and cut them into thin slices, and season them with salt and pepper. Place a layer of tomatoes at the bottom of a greased pie-dish, over this sprinkle a layer of grated cheese, some of the chopped onion and parsley, and then put in the macaroni, and place the rest of the tomatoes neatly on top. Pour over the milk or MARMITE gravy, or else a mixture of the two, sprinkle some browned breadcrumbs



over the surface, and distribute a few small pieces of butter on top. Bake for about half an hour in a fairly quick oven. To serve, turn out the shape neatly on to a hot dish, and send to table with a well-seasoned cheese or onion sauce.

TOMATO PILAU.

2 small onions, 4 oz. nut butter, 1 pint tomato pureé, ½ pint vegetable stock, 1 teaspoonful MARMITE, ½ lb. rice.

Slice the onions and fry them in 2 oz. butter. Add the pureé and stock, flavoured with the MARMITE, and bring to the boil. Skim, and add the rice, well-washed, and cook gently till the liquor is almost absorbed. Melt the rest of the butter in a stewpan; when hot add the rice, and stir over the fire for a few minutes. Cover the pan, and place it on the stove for about 15 minutes. Dish up and serve hot.

DUCHESS POTATOES.

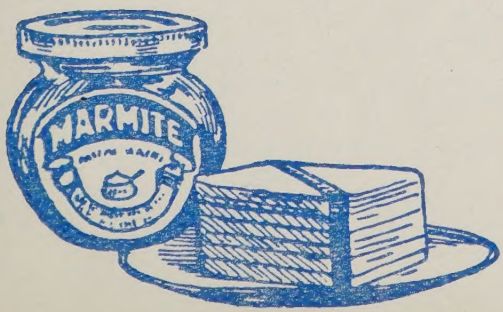
2 lb. potatoes, yolks of 2 eggs, 2 oz. butter, 1 tablespoonful cream (or unsweetened condensed milk), seasoning to taste, and 1 teaspoonful MARMITE.

Wash, peel and boil the potatoes till soft; then rub them quickly through a wire sieve. While they are warm mix them with the egg yolks, butter, cream (or unsweetened condensed milk) and the MARMITE. Season to taste. Lay mixture on a floured board, and divide into 12 pieces of equal size, shape each piece into a square, mark with a knife, egg over the surface, bake in a quick oven, dish up and serve.

POTATO DUMPLINGS.

1 lb. cooked potatoes, 2 eggs, 1 oz. melted butter, 3 oz. wholemeal or white flour, 1 teaspoonful MARMITE, seasoning to taste.

Mash or sieve the potatoes. Add the melted butter, the yolks of the eggs, the flour, dissolved MARMITE, and seasoning; work the mixture into a smooth paste. Whisk up stiffly the white of 1 egg, and mix lightly with the paste. Shape into little balls with a little flour cook in fast-boiling, salted water for 15 minutes, drain, and serve hot with tomato sauce.



Marmite promotes strength and vigour

These dumplings, if made very small, may either be served in soups or as a garnish with a roast or stew. When cold they can be egged, bread-crumbed and fried. They can also be made with raw instead of cooked potatoes. They must be peeled and finally grated. Then proceed as directed for cooked potatoes.

IRISH VEGETABLE STEW.

2 lb. potatoes, 4 oz. haricot beans, 2 carrots, 1 turnip, 2 large Spanish onions, 2 oz. butter, a pint of stock, salt, pepper, nutmeg, and a dessertspoonful of MARMITE. Soak the haricot beans for several hours in salted water and boil for one hour. Wash and peel the potatoes and slice them, also the carrots and turnip. Peel and scald the onions, drain, and cut them into slices. Melt the butter in a stewpan, and fry the onions in it for a few minutes without browning them. Add the sliced vegetables, season to taste with salt, pepper and nutmeg, and then put in the beans, which should be partly cooked. Moisten the stew with a pint of stock, or water, and a dessertspoonful of MARMITE. Boil up the whole, removing scum as it rises, and let it simmer till the vegetables are tender. Shake the pan from time to time to prevent the contents from burning. If found too dry, a little more diluted MARMITE gravy may be added. Dish up, garnished with chopped parsley or chives, and serve hot.

VEGETABLE HOT-POT.

2 lb. potatoes, 4 onions, 4 fresh mushrooms, 2 oz. nut butter, 1 teaspoonful mixed herbs, ½ pint water or stock, 1 dessertspoonful MARMITE, salt and pepper to taste. Peel and slice the potatoes and the onions, peel and stem the mushrooms, and cut them into thin slices or chop coarsely. Butter a "hot-pot" or pie-dish, and put in first a layer of potatoes then one of onions, repeat till the dish is full. Scatter the mushrooms and herbs between each layer, season with salt and pepper. Add the water or stock in which the MARMITE has been dissolved, and put the remaining butter in small pieces on top. Bake in a hot oven for about 2 hours; serve in the same dish.

Marmite - a wonderful help to the Cook.

CARROT CASSOLETTES.

Sufficient puff paste, a bunch of young carrots, 3 eggs 2 gills of stock, 1 tablespoonful of cream (or unsweetened condensed milk), 1 dessertspoonful MARMITE.
Wash and scrape the carrots, shred them finely, and put them in a stewpan with butter. Stir over the fire for a few minutes, taking care that they do not brown. Moisten with the stock, and cook gently until tender. Rub through a fine sieve, and return the purée to the stewpan, add the MARMITE stirring it in until dissolved, then add the cream (or unsweetened condensed milk) and three egg yolks. Season to taste with salt and a little cayenne pepper. Stir over the fire until the eggs are partly set, remove and let cool a little. Whisk the whites of 2 eggs to a stiff froth, and mix gently with the purée. Line a number of patty pans with the puff paste, prick the bottoms, put some of the purée in each, and bake in a quick oven from 10 to 15 minutes. Dish up, and serve hot.

BRAISED STUFFED CABBAGE.

2 small cabbages, 2 egg yolks, 6 fresh or 12 preserved mushrooms, 1 small onion stuck with a clove, 1 oz. of butter, 1 dessertspoonful chopped parsley, 4 oz. breadcrumbs, ½ pint of hot water with a good teaspoonful MARMITE dissolved in it, seasoning to taste.
Remove the outside leaves from the cabbages, cut each in half, and wash well. Plunge them into boiling water, containing salt to taste and a small piece of soda, and boil fast for 15 minutes; drain and cool in cold water, press gently and put them on a sieve or cloth to drain.

Prepare a stuffing with six fresh or 12 preserved mushrooms finely chopped, 4 oz. of breadcrumbs, the parsley and egg yolks; season to taste. Lastly, mix with the butter, oiled, and fill the centre of the cabbages with the mixture. Fit the halves of the cabbages together and tie them with thin string; put them in a stewpan with the hot water and MARMITE, and add the onion and clove. Braise gently in the oven for about an hour, basting from time to time. When done, take up the cabbages remove the string, and dish up. Remove the fat from the liquor in the pan, thicken slightly, pour over the cabbages and serve hot.

Marmite—nothing richer in Vitamin "B"

STEWED MUSHROOMS.

½ lb. fresh mushrooms, 2 oz. nut butter, ¼ dessertspoonful MARMITE dissolved in ½ pint hot water, seasoning, chopped parsley.

Wipe and peel mushrooms. Remove stalks. Fry mushrooms with the butter over a quick fire for a few minutes. Season with pepper and salt, add dissolved MARMITE, and simmer gently for 15 minutes. Dish up, sprinkle over with the parsley and serve hot.

RAISED VEGETABLE PIE.

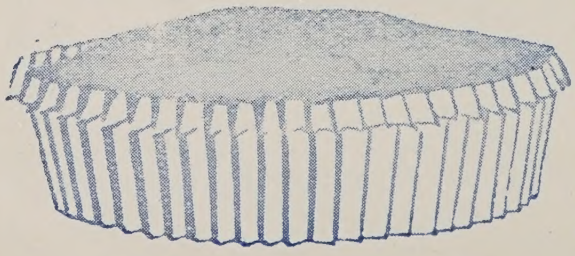
½ lb. butter beans, 1 onion, 2 oz. nut butter, 1 lb. mushrooms, ½ oz. soaked tapioca, a few mixed savoury herbs, 1 dessertspoonful MARMITE, some short piecrust.

Cook the beans in stock or water with the onion till soft. Turn out and mash up with 1 oz. butter and a sprinkling of herbs. Peel, wash, drain and fry the mushrooms in the remainder of the butter, and let cool. Make the paste using ¾ lb. flour, ¼ lb. nut butter, a pinch of salt, and sufficient water to form a fairly stiff dough. Roll out the paste and line a greased raised pie-mould with it. Fill it first with a thin layer of tapioca, then mushrooms, onion and beans; pour a little of the bean stock, previously seasoned with salt and pepper and mixed with the MARMITE over it. Cover the top with the rest of the paste and ornament it neatly; bake in a moderate oven for about 40 minutes. Let it cool a little and then turn out the pie carefully. Serve hot, or cold with salad.

SHEPHERD'S PIE.

2½ lb. cooked potatoes, ½ pint haricot beans (cooked), 2 cooked onions, 1 cooked carrot, 2 oz. nut butter, ½ oz. flour, salt and pepper.

Cut half the potatoes, the onions and the carrot into thin slices, and place these in layers in a large buttered pie-dish with the haricot beans and season to taste. Make a sauce with 1 oz. of the nut butter, the flour, 1 teaspoonful MARMITE, 1½ gill vegetable stock, strain, and pour over the vegetables in the dish. Cover the pie with a crust made with the remainder of the potatoes, rubbed



through a sieve, and mixed with the rest of the butter Season well and spread it neatly with a knife over the top, and mark it with a fork. Bake in a sharp oven for about 25 minutes and serve hot.

CURRIED HARICOT BEANS AND EGGS.

1 pint cooked haricot beans, 2 hard-boiled eggs, 1½ oz. butter, 2 small onions, ½ a sour apple, 1 tablespoonful ground rice, 1 dessertspoonful curry powder, 1 tablespoonful curry paste, 1 tablespoonful grated cocoanut, the juice of a lemon, ½ pint vegetable stock, 1 gill MARMITE gravy, and seasoning.

Melt the butter in a saucepan, add the chopped onions and apple, fry lightly for a few minutes; add the rice, curry paste and curry power. Cook for 5 minutes. Stir in the stock and gravy by degrees, and let the whole boil until a smooth sauce is obtained. Add the lemon juice cocoanut, and seasoning, also the chopped eggs, mix in the haricots, and make the whole thoroughly hot in the sauce. Serve in a border of well-cooked rice, garnished with cut lemon and parsley.

BAKED BEANS.

1 pint haricot or butter beans, ½ pint MARMITE gravy, 1 small onion, 1 tablespoonful treacle or golden syrup, 2 ripe tomatoes, 1 oz. of nut butter, 1 teaspoonful brown sugar, seasoning to taste.

Soak the beans for about 12 hours. Drain and put into a stewpan with enough water to cover and a little salt. Cook slowly till nearly tender, then transfer them into a fireproof pot or casserole. Add the MARMITE gravy, the golden syrup, nut butter, sugar, and the onion and tomatoes, peeled and chopped with seasoning to taste. Cover the casserole and cook slowly in a fairly hot oven for an hour or more. Serve in the casserole, as hot as possible.

NUT ROAST.

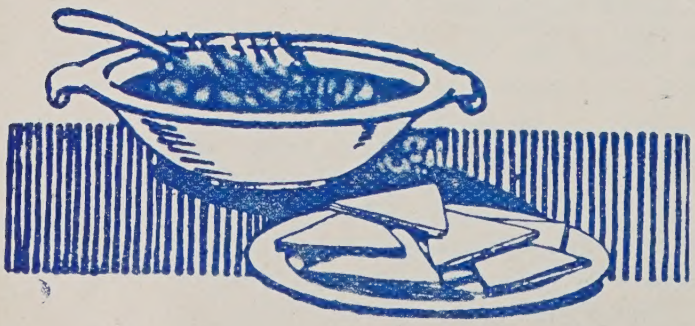
¼ lb. peeled and chopped walnuts, ½ lb. breadcrumbs, 1 small peeled and chopped onion (blanched), 1 dessertspoonful chopped parsley, 2 oz. nut butter, MARMITE gravy, seasoning to taste.

Put all the ingredients except the butter into a basin and mix well; if found too dry, add a little MARMITE.

Marmite gives REAL nourishment

INDEX

	Page
Aspic or Savoury Jelly ...	16
Baked Beans	23
Baked Cod Steak	7
Barley Soup	5
Boiled Rice with Marmite	13
Braised Stuffed Cabbage ...	21
Brown Gravy	15
Brown Onion Sauce ...	15
Brown Soup	3
Carrot Cassolettes	21
Carrot Soup	4
Celery Soup	4
Cheese Cream	10
Curried Haricot Beans and Eggs	23
Curried Tomatoes	18
Duchess Potatoes	19
Egg Nouilles	9
Fish Soufflé	12
French Rice Soup	5
Invalid Soup	12
Irish Vegetable Stew ...	20
Julienne Soup	3
Lentil Purée	6
Macaroni Soup	6
Marmite Arrowroot ...	14
Marmite Biscuits	8
Marmite Butter	14
Marmite Glaze	16
Marmite Toasts	14
Milk Bouillon	12
Mulled Milk	12
Nourishing Custard ...	13
Nourishing Jelly	13
Nut Roast	23
Pea Soup	6
Potato Dumplings	19
Raised Vegetable Pie ...	22
Sandwiches	16
Savoury Cheese	10
Savoury Eggs	10
Savoury Marmite Fritters	8
Savoury Meat Timbale ...	7
Savoury Milan Fritters ...	8
Savoury Poached Eggs ...	9
Savoury Pudding	7
Savoury Soufflé	13
Savoury Stuffings	15
Scotch Broth	3
Shepherd's Pie	22
Steamed Sole	12
Stewed Mushrooms ...	22
Stuffed Eggs au Gratin ...	9
Stuffed Tomatoes with Rice	18
Tomato and Macaroni Pie	18
Tomato Pilau	19
Tomato Sauce	15
Tomato Soup	4
Vegetable Hot Pot ...	20
Vegetable Soup	5
Welsh Rarebit	10



Marmite creates good appetite

MARMITE
ENSURES BETTER
COOKING